



COMMAND FAMILY READINESS TEAM



Dear Families-

As the newest member of Combat Logistics Battalion 3, I would like to begin with a brief introduction. My wife, Tracy, and I join the battalion after completing my last assignment at Camp Pendleton, California. We have been married for 17 years and have lived on the East and West Coasts as well as Okinawa and South Korea during my various assignments. We both hail from Pittsburgh, Pennsylvania, and this is our first assignment in

Hawaii.

During the month of May, the battalion will continue to have a detachment on the Big Island supporting 2nd Battalion, 3rd Marines in their pre-deployment training, while most of the battalion continues to provide logistics support here on Oahu. Then, in June, the battalion will travel to the Big Island to conduct training with over 300 Marines from Okinawa that will join CLB 3 for the deployment in the Fall. This new combined Hawaii/Okinawa CLB 3 team will then travel to Twentynine Palms, CA in July to participate additional pre-deployment training. Also during July, Marines and Sailors from CLB 3 will participate in the Rim of the Pacific exercise as part of an amphibious Marine Air Ground Task Force. It will definitely be a busy summer for the Marines and Sailors of CLB 3.

As we increase the training tempo, we also start the 101 critical days of summer with the Memorial Day holiday weekend. I ask all of you to be mindful of the hazards associated with summer activities such as boating, swimming, and cycling. Be safe and take care of one another.

I would also be remiss if I did not again take this opportunity to recognize the significant contribution of LtCol Jernigan and his wife Drew. Together they have been an outstanding command team and they will both be missed. Tracy and I both extend our sincere thanks to them for their hard work over the past two years and wish them much aloha on their well-deserved vacation.

Thanks again to all of the families for their support.

Semper Fidelis,
LtCol Hank Lutz



Aloha Families,

As we welcome LtCol Lutz and his family to CLB-3, we must remain focused on this upcoming deployment. Many faces and names have changed since my arrival, but a constant is our assigned mission. I assure all of you that we will be prepared and set new goals while moving forward.

Our Marines detachments assigned to other units are leading the way. Their performance remains outstanding and set the stage for those due to deploy. I challenge all Marines to edify one another as we participate in upcoming training on the Big Island and Twentynine Palms. To all Non-Commissioned Officers and Staff Non-Commissioned Officers the key word in your title is commissioned. We have been entrusted with the development of our subordinates and it is with great care that we perform this task.

Remember, O Ka Hana, A'ole Ka 'Olelo!

Semper Fidelis,

SgtMaj Maness



Aloha Family,

It's May 2010! This year is rapidly moving along and there is no sign of slowing down. So far this month we have said "goodbye" to our Marines assigned to 9th ESB and to the Jernigan Family. Also we were visited by Mrs. Hatton to discuss family readiness. Soon we'll be saying "Goodbye" to our Marines deploying to Afghanistan.

I would like to welcome LtCol Lutz and his family to CLB-3. From day one LtCol Lutz informed me that family readiness is one of his priorities. I am pretty sure in the very near future you, the families, will hear from him personally. When that date is announced, I ask that you please come out to meet the new Commanding Officer and make his family feel welcome.

Soon our Marines will be conducting some training off island. This is just a preview of the big show. I hope that you too are preparing and making ready. We the Family Readiness Team stand by to provide assistance prior to, during, and after this upcoming deployment. I would urge you to ask your spouse if he/she has updated their Family Readiness Records. Please update your record if there has been a recent addition to the family, a change in address, new phone number or email address.

As stated before, our focus this year is the upcoming deployment. We will improve on lessons learned and implement some new ideas. We welcome any suggestions you may have that will add to the success of this program. You are needed in making this deployment a success and any help you can provide as a volunteer will be greatly appreciated. Come and be a volunteer, I guarantee that you will enjoy the experience.

Warmest Regards

Jerome Morris

Military OneSource

Whether its help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for you... 24/7/365! Online or by phone, Military OneSource is fast, confidential, and easy to use, and there is no cost to the servicemember!



IMPORTANT PHONE NUMBERS

FRO Office: (808) 257-2514 (C) (808) 347-5710
 Dep FRO: (808) 257-2023 (C) (808) 366-9644
 Red Cross: (808) 257-8848
 Child Protective Services: (808) 832-5300
 Domestic Violence Hotline: (808) 531-3771
 Federal Fire Department: (808) 471-7117
 PMO KBay: (808) 257-9111
 Branch medical clinic: (808) 257-3365
 Housing Office KBay: (808) 257-1257
 Bus Schedules: (808) 848-5555



CHAPLAIN'S CORNER



Gifts

I can't remember if I was in the fourth or fifth grade, but I recall the conversation. Four of my friends were discussing what they were going to do with their weekly allowance. Plans ranged from a new album (I am talking about the old fashion vinyl kind), a new pair of shoes, and going to the movies.

I was intrigued, not because of their plans, but the fact they got an allowance. Honestly, I had no idea what an allowance was, so I asked them what they were getting the money for. They all said for doing their chores around the house. At that moment a light bulb went off in my head. I worked on our farm almost every day, everything from working in the tobacco fields, hoeing weeds from the corn field (usually as a punishment), picking up rocks before we plowed a field, I had a lot of chores and I knew I worked harder than my friends who didn't live on a farm.

As soon as my dad got home I asked him, "Dad, can I have an allowance?" He put his arm around me and asked, "Do you have a roof over your head?" I responded, "Yes sir." He asked, "Do you have at least 3 meals a day?" I said, "Yes sir." Then he asked, "Do you have clothes to wear?" Again I said, "Yes sir." Then I'll never forget what he said next, he said, "That's your allowance."

Most kids would have walked away feeling defeated, or tried to reason that wasn't what an allowance was. But I didn't. I don't know if it was out of ignorance or if I just truly recognized what both my parents had been providing me, I simply looked up at my father and with all sincerity said, "Thanks dad," and walked away feeling like I had the greatest allowance any kid could have.

I was not a kid that asked for much. Maybe it was because I knew my parents couldn't afford it, but I think it was more because I just felt like I had all I needed. It wasn't as though I never got things. My father is the best gift giver; at least I think he is. My mother may disagree considering she would get gifts from dad like a .22 pistol for Christmas, a chain saw for Mother's Day, or a motorcycle for her birthday. For me at least, his gifts were awesome, and rarely did I ask for them. I think this is what made them so great. He gave me those gifts just because he loved me.

The attitude of love includes the model of giving. The majority of cultures, both past and present, have gift giving as part of the love to marriage concept. From a very early age we were inclined to give gifts to those closest to us. Gifts are a visual representation of love that often holds great emotional value. Who's ever been to a wedding where rings were not given as a "symbol" of the couple's love?

When is the last time you gave a gift to someone you love; a gift, not because it was their birthday, or an anniversary, but just because? For some people, a gift is the loudest expression of love.

Gifts come in all shapes, sizes, colors, prices, and some are even free. If your loved ones love language is receiving gifts, all of these things probably won't matter to them.

Gifts can also serve as a reminder. Perhaps you are in a marriage that has hit a rough spot. Try this when you are having your doubts, touch your wedding ring, if it has an engraving on it, read it, but most of all, let it serve as your reminder of that pledge, that promise you made to one another, and that just as a circle never ends, your love for one another should not end. If you need something a little stronger, think of God and how much He loves us, no matter what we do.

Keiki L.I.N.K.S.

Coping Skills for Marine Corps Kids

Growing up in a military family presents unique challenges for youth.

L.I.N.K.S. now offers sessions to help kids (6-12) and teens (13-17)

learn skills to cope with and thrive in this lifestyle. Topics Include:

Marine Corps 101

Deployments Moving Friendships & Relationships

Community Involvement

Also ask about L.I.N.K.S. for Marines

Call or email me to make your reservations:

Staci Holt L.I.N.K.S. Trainer

257-2368 or staci.holt@usmc.mil



Promotions

LANCE CORPORAL

Crider, Justin A.

Crisp, Joseph T.

Jeske, Brett A.

Keyes, Christopher R.

Martinez, Patricia Y.

Planck, Christopher E.

Sanvick, Cody A.

Tesfai, Dawit

CORPORAL

Johnston, Sean W.

Moody, Reco E.

SERGEANT

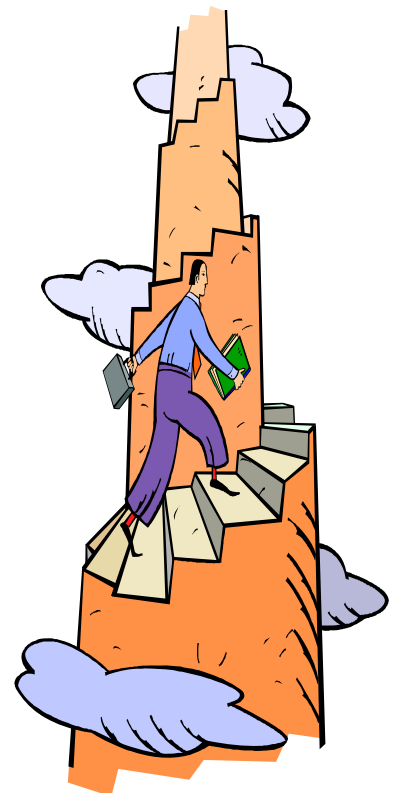
Davis, Patrick W.

Flowers, John T.

Lee, Nikee Y.

MASTER SERGEANT

Hart, Isaac T.





THE MEDICAL MINUTE

Rehabilitating Ankle Sprains

According to a 2006 article by Douglas Ivins, M.D. in the journal American Family Physician, acute ankle injuries account for 20% of all sports-related injuries in the United States. Ankle sprains are common and can range from mild to severe. Many will not seek medical evaluation for these; however, if chronic pain, instability, or recurrent sprains in the same ankle occur, the culprit is often inadequate rehabilitation.

Most ankle sprains occur from rolling the outside (lateral) aspect of the ankle—an inversion injury—leading to damage of one, two or all three ligaments in this area. This leads to pain, swelling, and bruising. One reason to consider evaluation from your family physician after an acute ankle injury is to ensure proper acute management followed by thorough, graded rehabilitation and exercise.

Based on the history and physical exam, an x-ray may be ordered to rule out a fracture or unstable high ankle sprain (a syndesmotic sprain). A few days use of anti-inflammatory medications aid in reducing inflammation and pain. Compression, with a lace-up ankle brace or ACE wrap, elevation of the leg, and ice intermittently during the first 72 hours is also important. This is frequently referred to as PRICE therapy—protection, rest, ice, compression, elevation—and should be initiated within 24 hours of a sprain. Starting range of motion exercises such as making counterclockwise and clockwise circles with the injured ankle is an excellent start. Drawing the alphabet in the air with the ankle is another useful exercise. As your pain improves, rehabilitation is geared at regaining proprioception and strength.

Active Duty Marines and Sailors seen at the BAS are frequently referred to the SMART center for physical therapy after even mild ankle injuries to ensure physical therapy and exercise is safely advanced in order to expedite return to full duty and prevent chronic complications. Chronic ankle pain or instability is usually caused by one of three things—inadequate rehab, inadequate rehab, or inadequate rehab.

Semper Fi,

BAS Medical

References

1. Ivins, D. 2006. Acute Ankle Sprain: An Update. *Am Fam Physician*. 74(10):1714-1720.

**NATIONAL
MILITARY
FAMILY
ASSOCIATION**



Who We Are

The National Military Family Association is an organization with strong grassroots support balanced with professionalism that makes us a leader in the field. Not only do we support military families – we are military families. Spouses, parents, and family members make up our staff and board positions. We speak up on behalf of military families and empower husbands, wives, and children to understand and access their benefits. Based on what we hear from our members, we meet the needs of service members and their families with insightful recommendations, innovative programs, and grassroots efforts to better the quality of life for military families.

History

In 1969, the National Military Family Association was founded by a handful of military wives who wanted to make sure their widowed friends were properly taken care of. Two short years later, the Survivor Benefit Plan became law, and the Association has been hard at work ever since. A small but determined group of military wives around a kitchen table has expanded into a strong force of men and women of all ranks and Services and their wives, husbands, children, and parents.

Mission

To fight for benefits and programs that strengthen and protect uniformed services families and reflect the Nation's respect for their service.

What We Do

In times of war and peace we speak for you.

We work with—and testify before—Congress to fight for legislation important to military families, but more importantly, we help military families recognize their potential to be their own advocates.

Don't know where to turn or who to ask? We'll guide you.

Whether it is information about educational opportunities, help understanding legislation that affects military families, or navigating your healthcare options – our assistance is just a phone call or email away.

Change is constant – we listen and react to the needs of military families swiftly and thoroughly.

Not only does the Association work for military families – we are military families. Military spouses, parents, and family members are in prominent staff and board positions. We are at the forefront of the issues that military families are concerned about and work together to meet the needs of the Nation's military families.

40 years supporting families

Military families remain our primary focus. We are proud of our 40 year history of serving these families. [Check out our accomplishments on behalf of military families over the years.](#)

Support Our Efforts

Whether you are part of a military family or you are a concerned citizen, there are many ways that you can support the efforts of the National Military Family Association. Need more information? Check out our Association's [Reports and Statements](#) to guarantee the National Military Family Association is the best fit for you.

OPSEC AND SOCIAL NETWORKING SITES

SOCIAL NETWORKING SITES (SNS), like Facebook® and Twitter®, are software applications that connect people and information in spontaneous, interactive ways. While SNS can be useful and fun, they can provide adversaries, such as terrorists, spies and criminals, with critical information needed to harm you or disrupt your mission. Practicing Operations Security (OPSEC) will help you to recognize your critical information and protect it from an adversary. Here are a few safety tips to get you started.

SAFETY CHECKLIST

Personal Information

Do you:

- Keep sensitive, work-related information OFF your profile?
- Keep your plans, schedules and location data to yourself?
- Protect the names and information of coworkers, friends, and family members?
- Tell friends to be careful when posting photos and information about you and your family?

Posted Data

Before posting, did you:

- Check all photos for indicators in the background or reflective surfaces?
- Check filenames and file tags for sensitive data (your name, organization or other details)?

Passwords

Are they:

- Unique from your other online passwords?
- Sufficiently hard to guess?
- Adequately protected (not shared or given away)?

Settings and Privacy

Did you:

- Carefully look for and set all your privacy and security options?
- Determine both your profile and search visibility?
- Sort “friends” into groups and networks, and set access permissions accordingly?
- Verify through other channels that a “friend” request was actually from your friend?
- Add “untrusted” people to the group with the lowest permissions and accesses?

Security

Remember to:

- Keep your anti-virus software updated.
- Beware of links, downloads, and attachments just as you would in e-mails.
- Beware of “apps” or plugins, which are often written by unknown third parties who might use them to access your data and friends.
- Look for HTTPS and the lock icon that indicate active transmission security before logging in or entering sensitive data (especially when using wi-fi hotspots).

THINK BEFORE YOU POST! Remember, your information could become public at any time due to hacking, configuration errors, social engineering or the business practice of selling or sharing user data. For more information, visit the Interagency OPSEC Support Staff’s website.

Think. Protect. OPSEC.
www.ioss.gov



Family Child Care Availability List
March 18, 2010

Provider's Name, Address, Tele- phone #, and Hours	Weekend Care	Evening Care	Early am Phys Train. Care	Deployment Child Care	School Age Care/ Before & Af- ter School Care	Hourly Care / 24 Hour Care	Date Cer- tified	Current Part Time (PT) And Full Time (FT) Availability
Adams, Ashley 816-516-5502 0700-1700						Walking only		4 FT 12 years+
Back, Sheila 888-0094 904-424-6762 0640-1630 Flexible						Over 2 years +	February 2009	1 FT 2 years+
Barone, Liia 744-1733 0730-1630 Flexible						6 weeks old, prefer 4-5 month old	December 2009	1FT 6 weeks + Prefer 10 month+
Edge, Alicia 817-874-4536 0700-1700							March 2008	2 FT 2 years+ Hourly, Part-time, FT
Jenkins-Scott, Deloris 772-4789 0700-1700							June 2008	None
Johnson, Jolene 306-9704 0630-1630				X		During School Hours	November 2009	2 FT 6 weeks+ 2 FT 2 years+
Nieto, Kristina 485-7907 0630-1730	X	X			X	X		4 FT 18 months +
Rivera, Tanya 760-207-0278 7:00-4:30						Over 6 weeks old	August 2008	2 FT 6 weeks+
Richardson, Chanaun 252-548-1763 0600-1700							March 2008	1 FT 6weeks + 2 FT 2 years +
Simmons, Sharon 808-254-3507 0630-1700							October 2009	2 FT 2 years+
Tejeda, Melissa 808-254-2325 0630-1700	X	X		X	X	2 years+ Walk- ing Only	February 2010	1 FT 2 years+
Trindade, Jennifer 254-0407 0700-1700			X	X	X	Over 6 weeks old	June 2008	2 FT 18 months + 1 Hourly 6weeks+
Wade Crystal, 271-4771 0700-1700				X	X	10 months+	October 2009	2 FT 2 years+
Cernich, Brandyn 928-210-8817 0630-1730 (MANANA HOUSING)				X	X	15+ Walking only	October 2009	2 FT 2 years+ 1 Drop In 2years+
Doucette, Christina 772-233-0253 (MANANA HOUSING)				X	X	15+ Walking only	October 2009	1 FT 2 years+
Hernandez, Nancy 455-4482 0630-1700 (MANANA HOUSING)				X	X	X	August 2009	1 FT 3 years+

**Providers are listed by Date of Certification*

Enrollment Requirements:

Current immunizations, TB test within the last 12 months, and well baby/physical within the last 12 months.

****It is PARENTAL Responsibility to select and retain childcare****

MILITARY ONESOURCE SURVEY



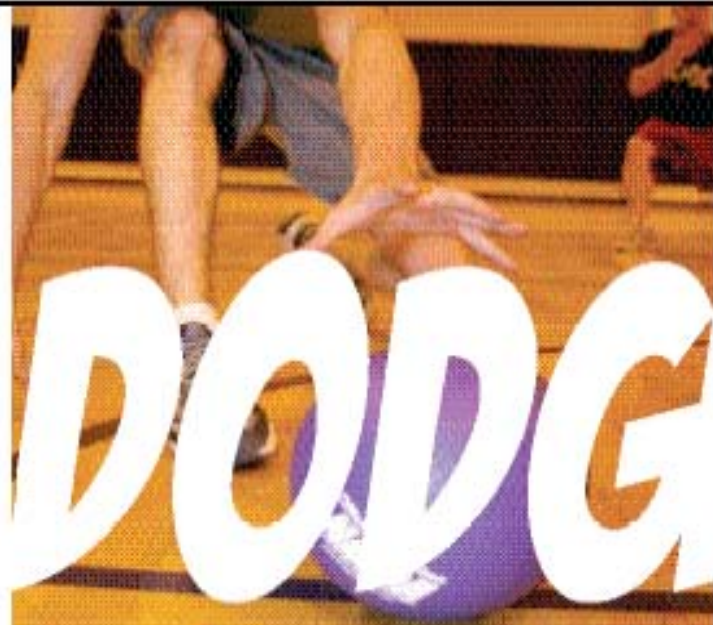
*In an effort to provide the best services to you, our ohana, your Family Readiness Team is asking for your input. We would like to schedule a special informational brief with the great folks at Military One source. We talk a lot about them and all of the wonderful services they provide, but do you REALLY know what they can do for you? Do you REALLY understand how to access the wealth of information they provide? If you answered "no" or even a "sort of" then this would benefit you greatly. Please take the time and answer the questions below and submit your response to the email addresses provided at the bottom of the page. Mahalo for your time and input. ***PLEASE RETURN THIS FLYER WITH YOUR RESPONSE.***

1. Would you like to attend an informational brief on Military One source? Yes or No
2. What day and time would be best for you to attend?_____
3. Would you require childcare? If so, for how many? Ages?_____
4. Would you like refreshments served during the brief? Yes or No
5. Is there any particular information that you would like to be presented?_____

Please forward your responses to either of the emails bellow:

Jerome Morris: Jerome.morris@usmc.mil

SSgt Andrew McCormack: Andrew.I.mccormack@usmc.mil



INTRAMURAL DODGEBALL TOURNAMENT

(One-Day Tournament)

Friday, May 14 ■ 1130

**K-Bay Semper Fit
Center Basketball Court**

**Double Round-Robin Play/Single-Elimination
Tournament**

Ten-Member Teams • Six Players-on-the-Court

**Open to active duty, DoD employees and
eligible dependants.**

**For more info contact Semper Fit Center
254-7597 or 254-7591**





Luau at

Paradise Cove



Saturday, May 22, 2010

1700 - 2000 • \$42 pp

Transportation provided

Kahuna's at 1545

Depart at 1600

**Return to Kahuna's at 2030
(approx)**

Open to all single, unaccompanied Marines & Sailors, E5 & below

4 Easy Ways to Sign Up!

1. Walk in – Bldg 3037, Semper Fit Center
2. Walk in – Bldg 1629, Single Marine & Sailor Program Office
3. Phone – 254-7593, Single Marine & Sailor Program Office
4. Email – Single Marine & Sailor Program Coordinator: cisnerosm@usmc-mccs.org



No USMC or Federal Government endorsement of sponsors intended.

FAMILY CARE PLANS

If you were suddenly deployed, who would provide care for your children -- or for an older relative who depends on you for care? Even if you were only away for a short time, on temporary duty or training, who would take over for you? Nearly everyone in the military can benefit from a Family Care Plan that shows how your family is to be cared for in your absence, and in some cases you are required to create one. DoDI (Department of Defense Instruction) 1342.19 addresses when a Family Care Plan is required, and each service branch has a corresponding directive that explains that service branch's guidelines. Your commander or supervisor can tell you the resources that are available to help you create a Family Care Plan that meets your service branch's specific requirements. These resources include your installation's Family Support Center and Legal Assistance Office. The information below can help you understand the basics before you begin.

What is a Family Care Plan?

A Family Care Plan is a "blueprint" that shows how your family will be cared for in your absence -- whether you are deployed, on temporary duty, or otherwise unavailable because of military obligations. It allows for a smooth transition of responsibilities to a caregiver when a service member must leave for short or long periods of time, demonstrating to the commander that unit members will be ready to accomplish the mission of the unit. The plan is made up of instructions that you write and certain legal documents, such as a power-of-attorney.

Who needs one?

Certain service members are required to have a Family Care Plan. These people include:

- A single parent with custody of children under 19 years of age.

- A single service member who is pregnant.

- Dual military couples with custody of children under 19 years of age. (Both service members are required to develop a single Family Care Plan that both members sign.)

- A service member who is solely responsible for the care (housing, medical, logistical, financial, food, clothing, or transportation) of another person. This category includes (but isn't limited to) a situation where a service member's spouse is injured, chronically sick, or otherwise unable to care for family members or other dependents; and service members who are sole caregivers for elderly, disabled, or chronically sick family members.

Completion of a Family Care Plan may also be required if a service member has a family member who speaks little or no English or is unable to drive or otherwise gain access to basic resources such as medical care and food. A service member with an Exceptional Family Member (regardless of age) may also be required to complete a Family Care Plan.

It can even be a good idea for civilian spouses married to service members to have a Family Care Plan. This is because if the service member is deployed and the spouse becomes incapacitated, plans will be in effect for the proper care of their children.

When should you make one?

A service member should notify his or her supervisor or commander about creating a Family Care Plan as soon as the service member enters any of the categories described above.

The basic requirements

The requirements for a Family Care Plan may vary somewhat depending on your service branch or your particular circumstances. But they all contain the following basic information:

Short-term care plans. These plans outline how your family members will be cared for during separations lasting 30 or fewer days (in the Air Force, the requirement is usually 45 days or less). Your short-term care plans could take effect for reasons such as temporary duty, training, school, or short-term involuntary recalls. The care provider must be a non-military person and must live in the local area. The care provider must also sign the Family Care Plan.

Long-term care plans. These plans give details on who will care for your family members during separations lasting 31 days or more (in the Air Force, the requirement is usually more than 45 days). Your long-term care plans might become necessary during deployments or times of extended training or involuntary recalls. The care provider must be nonmilitary, but does not have to live in the local area. However, plans should be in place for transporting family members from a short-term care provider to a long-term care provider in the case of deployment (or other separation) with little or no notice. The long-term care provider must also sign the Family Care Plan.

Care provider designations and documentation. Your plan must name the care provider and provide documentation and information necessary to allow the care provider to care for your children (or other family members) adequately -- and to possibly run your household. Be sure to note that any care provider that you select must be legally entitled to act in that capacity. Thus, if your biological children reside with you and your new spouse (who is a stepparent), the other biological parent must either be designated as the care provider (if that person has custodial rights) or must consent in writing to the designation of another person.

The documentation states that the person you selected to provide care has fully agreed to the task and has been provided with all legal authority to do so (including medical or other power of attorney). This documentation should also describe financial concerns and explain procedures for obtaining access to both military and civilian facilities and services necessary to properly care for your family -- for example, health care needs.

Additional issues to address

Aside from basic care provider information and necessary legal forms, your Family Care Plan should also include specific instructions on arrangements for child care, school, medical care, and family activities. By detailing your routines and giving your care provider as much information as possible, you can better avoid problems and allow your children (or other dependents) the security of knowing things will remain as constant as possible.

Outline arrangements for daily activities. Make certain your care provider clearly understands your family's daily routines. It's a good idea to create a calendar of the week's events -- noting the starting and ending times of the school day, any after-school activities, bed times, and any special events.

Give details on legal, logistical, educational, religious, and other concerns for family care. Let your care provider know as much as possible how your family life "works." Write down specific details on the logistics of housing, food, and transportation. If it is important to you that your family members attend weekly religious services, let the caregiver know this so she can accommodate. It is wise to also leave the school's (or place of worship's) calendar handy, so the care provider knows of important upcoming events, as well.

Provide medical information. Does your daughter suffer from asthma and regularly need an inhaler? Does your son take daily medication? It is important to write down detailed information about family physicians, medications and vitamins, hospitals, and regular appointments, so your family's medical needs will be properly addressed.

Provide locations of important documents, such as wills, insurance papers, and birth certificates.

Establish relocation plans. If it becomes necessary for your family to move from one area to another, the logistics for this move should be pointed out in the Family Care Plan. Such a move might be necessary if your short-term assignment became a long-term one, for example. Be sure to note details such as finances, airline tickets, and transportation to and from airports.

Make sure that ID cards are current. Check to make certain that your family members' ID cards have not expired, and be sure your dependents are registered in DEERS (the Defense Enrollment Eligibility Reporting System). Keep in mind that care providers should have access to the installation exchange, commissary, and any necessary medical facilities, as well.

Provide lists of close contacts and other resources. Be sure to provide the following personal information to your caregiver:

- names, addresses, and telephone numbers of relatives, neighbors, and friends
- names and telephone numbers of doctors and dentists
- lists of military and community resources with points of contact and telephone numbers
- an information sheet with the names and addresses of the military unit, commander or commanding officer, first sergeant or commanding chief, command enlisted supervisor, supervisor, and family readiness program point of contact

Designate a person to have temporary responsibility for your children in the event of your incapacity or death. A will is the document that describes, among other things, who will have permanent custody of your children in the event of your death. However, you also need to establish who will have temporary responsibility for your dependents in such circumstances. Will this be the same individual as your caregiver? Whether it is or not, you should make note of it in your Family Care Plan.

Finding help and advice

The following resources can provide you with information as you create your Family Care Plan:

Supervisors. Either your commander or supervisor is responsible for making sure that you have a current, workable Family Care Plan. The commander may designate a representative from the command to handle Family Care Plan issues. This means that the commander or a command representative can be your first resource for more information on the plan itself, what it should include, any particular requirements relating to your specific situation, and other people and services you can consult for help.

Installation Family Support Centers. Next to your supervisor, your installation's Family Support Center (depending on your service branch, your Navy Fleet and Family Support Center, Marine Corps Community Service, Air Force Family Support Center, or Army Community and Family Support Center) could be your most important resource in creating your Family Care Plan. These centers have counselors who are experienced in the creation of Family Care Plans and can help you understand the issues involved. In addition, these centers often have brochures or classes related to developing Family Care Plans.

Legal Assistance Offices. Your installation's Legal Assistance Office can help you regarding any legal documents needed in your Family Care Plan. Professionals there can help you understand, for example, the general, limited, and medical power-of-attorney documents -- and can help you select the right ones for your particular needs. They can also help you create a will. In many instances, they will have all of the particular forms your service branch requires for a Family Care Plan. Go to legalassistance.law.af.mil/content/locator.php to find a Legal Assistance Office.

Other helpful resources. Military libraries, installation social service agencies, and religious advisers can also be helpful resources to consult when preparing your Family Care Plan. You might also want to speak with other service members who have Family Care Plans or have had them in the past.

Other concerns

Try to keep in mind that the sole purpose of a Family Care Plan is to secure your family's well-being in the event of your absence. The time and energy you spend on putting it together now is time well spent. Here are some other points to keep in mind:

Commander review and approval. It is your commander's responsibility to not only counsel you on your Family Care Plan, but also to approve or disapprove it, verify that your care provider agrees to his or her duties, and review your annual updates to the plan. The commander or a designated command representative should test the viability of the plan and make certain that it is complete in terms of forms, instructions, and listed contact information.

Deadlines. An active duty service member has 30 days (from the date of change in family situation) to alert his or her supervisor of the need to create a Family Care Plan. After that date, the service member has 60 days to submit an acceptable Plan. If a commander or supervisor approves it, a 30-day extension may be granted (beyond the 60 days) -- when circumstances warrant an extension.

Updating your Family Care Plan. At least once a year you should reevaluate your Family Care Plan. Circumstances sometimes change. For example, the appointed care provider may no longer be capable of caring for your family. By revisiting your Family Care Plan each year, you can address new issues in your life and those of your family members.

Penalties. Service members who are required to complete and update Family Care Plans but fail to do so are considered nondeployable. They can also be subject to disciplinary action or involuntarily separation from the service.

Other resources

Defense Technical Information Center (DTIC)

www.dtic.mil

Search for DoD Instruction 1342.19 for detailed information on Family Care Plan requirements.

Your military support services

Each service branch sponsors information and support programs for service members and their families. You can call or visit any installation Army Community Service Center, Marine Corps Community Services, Fleet and Family Support Center, or Airman and Family Readiness Center regardless of your branch affiliation.

CHILD CARE BACKUP PLANS

Backup Care Planning for Children of Deployed Service Members

Creating a plan for your children's care in the event that your military spouse is deployed and you can't be there for your children.

As the sole parent in charge while your spouse is deployed, there are many steps you can take to make everyday home life go more smoothly. But what if something happens to you while your spouse is away? Who would care for your children? Just as single parents and dual-military couples must create a family care plan spelling out how their children will be provided for in their absence, you can do the same by creating an emergency backup plan for your children's care in the event of *your* absence. It isn't pleasant to think about an accident or illness, but if the unexpected does happen, having a plan in place will lessen the stress on your family and give you peace of mind.

Plan ahead

Before the deployment, take the time to discuss as a couple who you can count on to be there for your children in an emergency, and who you would want to care for them if you became seriously hurt, ill, or died while your service member is deployed.

Before you put anything in writing, talk with the people you as a couple agree on. Ask them if they would be willing to serve as temporary caregivers in the event of an emergency.

Short-term caregiver. This could be a neighbor, friend, or relative who would be willing to take your children for a few days until you're able to resume your role as parent or until longer-term arrangements can be made. Line up two or more willing friends or neighbors in case your first choice isn't available.

Longer-term caregiver. Ideally, this person is someone who shares your values and child-rearing philosophies, and with whom your children are comfortable. The person should be willing to assume temporary care for your children until your service member returns or until you can take over as parent again. Be sure to name an alternate longer-term caregiver in case your first choice becomes unavailable.

Here are some things to consider when deciding who will take temporary care of your children:

Will your children have to move away? Will they have to transfer to a new school or child care?

Does the potential caregiver have other children at home? Do your children get along with them?

Does the potential caregiver have the strength and the energy to care for your children?

Does he or she have the time to care for your child? Someone who works full time and is frequently away on travel may not be the best choice.

Will you need to arrange for financial assistance for your children's food and other expenses?

What to include in your backup plan

Here is key information to include in your backup plan:

The names, phone numbers, and schedules of the people who have agreed to care for your children in an emergency. Note which people have agreed to care for your children in the short term and who has agreed to take over for a longer period.

Your spouse's contact information. Include the name and address of the military unit, commander or commanding officer, first sergeant or command chief, command enlisted advisor, and supervisor's name and telephone number. Include the Key Volunteer, Ombudsman, or Family Readiness Program point of contact and phone number.

Limited power of attorney for your backup caregiver. This will allow your backup caregiver to authorize emergency medical care for your children. Some hospitals may not perform certain procedures without the consent of the caregiver. Your installation legal assistance office can help you with this. To find the legal assistance office nearest to you, use the Armed Forces Legal Assistance locator at legalassis-tance.law.af.mil/content/locator.php.

The names and phone numbers of your children's pediatrician, dentist, schools, child care providers, leaders of your place of worship, and other caregivers in their lives.

Your children's schedules. This should include the time they leave for school or child care and when they return home. Also be sure to list any afterschool activities, such as dance lessons or scouts.

Your children's routines at home. Describe bedtime rituals, homework time, and other important routines at home.

Your children's likes and dislikes. Name your children's favorite toys and foods, whether they need a nightlight to sleep, and other particulars that would help the caregiver comfort them.

Names of medications your children take regularly. Write down where you keep the prescription and include instructions on administering the medication and how to order refills.

A list of any food or medication allergies your children have.

Copies of the following or instructions on where to find them:

Military ID cards for your children if they're over 10. This will ensure that their temporary caregiver has access to services.

Copies of your children's medical and dental plan cards if they aren't TRICARE.

Copies of your spouse's most recent military orders.

Communicating your backup plan

When you've sorted out the details of your backup plan, let others know about the arrangements for your children in the event of an emergency.

Leave copies of your backup plan with key people in your life. Give your plan to each of the emergency caregivers, your employer, close friends, and family members. Keep a copy at home as well.

Leave an emergency contact list at your children's schools and with child care providers. Be sure to write down the names and numbers of the people who are authorized to pick up your children and who will care for your children in both the short and long term.

Keep your backup plan and family information current. Should circumstances change -- for instance, if the person you designated as a temporary caregiver is no longer available -- find a replacement and update your backup plan accordingly. Review your plan every six months. When you make changes, be sure to notify the people with whom you've left your plan.

You may never need to put your emergency backup plan into action. But having one in place should give you one less thing to worry about during your service member's deployment.

Resources

Your military support services

Each service branch sponsors information and support programs for service members and their families. You can call or visit any installation Army Community Service Center, Marine Corps Community Services, Fleet and Family Support Center, or Airman and Family Readiness Center regardless of your branch affiliation.

If you aren't near an installation, National Guard Family Assistance Centers are available in every state. The Local Community Resource Finder on the National Guard Family Program site at www.guardfamily.org will identify your closest center.

Military OneSource

This free 24-hour service is available to all active duty, Guard, and Reserve members (regardless of activation status) and their families. Consultants provide information and make referrals on a wide range of issues, including issues related to parenting, deployment, and reintegration. Free face-to-face counseling sessions (and their equivalent by phone or online) are also available. Call 1-800-342-9647 or go to www.MilitaryOneSource.com to learn more.

BATTALION T-SHIRTS ARE HERE!!!

Battalion T-shirts and coins are here and available for you to purchase!!! To get your Battalion T-Shirt or coin, simply bring \$10.00 for each shirt or coin that you wish to purchase to the Family Readiness Office and see SSgt McCormack.

Hurry before they are gone.....

COMBAT LOGISTICS BATTALION - 3

Bldg 1074
MCBH

Phone: (808) 257-2023
E-mail: andrew.l.mccormack@usmc.mil

